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Sunday, June 3, 2007 Palo Alto, California •

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Sequoia 2007 T-shirts



You can order a T-shirt featuring this year's Sequoia logo. T-shirts are available in sizes S to XL. If you order your T-shirt by May 20th, you can pick it up at the end of the ride. Otherwise the shirt will be mailed to you.

Sponsors











Sequoia Jerseys



Short sleeve jerseys are currently available in both men's and women's sizes (S to XXL) in both the Sequoia and Western Wheelers Club designs. These colorful jerseys are made by Voler using its top-of-the-line SQ Pro fabric. Not sure what size to order? Just check out the Voler site:



Club Jerseys



Routes include mountain roads, auto traffic, and few bicycle lanes. For the latest Seguoia information, visit us online at www.westernwheelers.org.

We encourage slower riders to arrive 30 minutes prior to the start time for their route so that they can leave when the route opens to insure proper support during their ride.

Additional food and live music is available at the VA at the end of the rides.

112 mile route

(6:00 to 8:00 AM start)—Goes through Los Altos Hills, climbs Page Mill, descends Alpine, climbs Haskins Hill, and goes down the coast to Santa Cruz. Returns through Scotts Valley and up Mountain Charlie, Summit, and Skyline. Finally, descends from Saratoga Gap, climbs Pierce and Mt. Eden, and cruises back to the VA. (9,000 ft. of climbing.)

100 K route

(7:00 to 9:00 AM start)—Follows the 112-mile route up Page Mill, goes north to Sky Londa, descends to La Honda, climbs Alpine, goes south to Saratoga Gap, descends Highway 9, climbs Pierce and Mt. Eden, and cruises back to the VA. (6100 ft. of climbing.) There are options at the top of Page Mill for a 60K ride (3600 ft. of climbing) or a 42-mile ride (4200 ft. of climbing).

50 K route

(8:00 to 10:00 AM start)—Goes south through Los Altos and Los Altos Hills, then back north to Atherton and Menlo Park. Returns through Palo Alto to the VA. (1200 ft. of climbing)

All routes close at 6:00 PM!

Route Sheets and Rider Numbers may be picked up between noon and 4 PM, Saturday, June 2nd, if desired. Go to The Bicycle Outfitters, 963 Fremont Avenue, Los Altos (off Foothill Expressway near Miramonte/Loyola Drive). Do not start your ride on Sunday before the designated time OR you may get to the rest stops before the food arrives.

All participants will be required to sign a Release & Waiver of Responsibility before receiving their rider packet.

Tour support provided to all participants includes a detailed route sheet, road direction arrows, rider tags, food and drink at roadside rest stops, radio dispatched SAG support, and a 2007 patch.

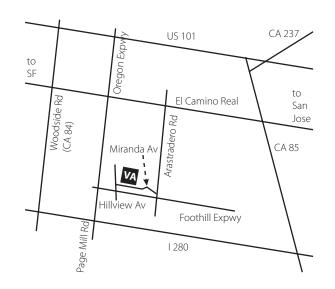
MASSAGE available: Noon to 6 PM. \$1 per minute-Cash or Check Only. HAVE LOOSE CLOTHES AVAILABLE.

Registration is limited to the first 1200 applications received. Those received after this limit will be returned. No rebates for no-shows or inclement weather.

Need more information? Leave a message on our Voice Mail (650-577-8819). Please speak slowly and clearly and leave your name and mailing address, or e-mail to: sequoia2007@westernwheelers.org

All riders must wear a helmet and should carry a pump, water bottle, and a spare tube and patch kit. It is good to have a small snack for hunger before the first rest stop.

Register online at www.westernwheelers.org



SEQUOIA 2007 RULES

- · Remember that this is a tour, not a race or an endurance event. Choose a route that matches your
- All riders 18 and over must present a signed Release and Waiver to pick up their rider number. Forms will be available at Registration or may be printed in advance from out website (www.westernwheelers.
- Riders under the age of 18 must present a Release and Waiver signed by a parent or quardian.
- Riders under the age of 14 must ride with a responsible adult AND must carry the Medical Release Form signed by a parent or quardian.
- It is the rider's responsibility to bring a bicycle that is in safe operating condition.
- Do not leave bicycles unattended. Western Wheelers can not be responsible for lost or stolen property.
- Western Wheelers reserves the right to refuse participation to any rider not conforming to the rules.
- Riders of the 100K and 112Mi are reminded to dress in layers. Although the weather may be hot, Skyline and the Coast frequently have fog and drizzle, particularly in the morning. Many of these roads have narrow or no shoulders; if you are uncomfortable with this, please consider the 50K route.
- Ride single file where there is any traffic and obey the California Vehicle Code.

DIRECTIONS TO THE START

The tours begin at the V A Palo Alto Health Care System in Palo Alto. You will be directed to parking as you enter the Health Care System property.

From US101

- 1. Take Embarcadero Rd./Oregon Expressway exit
- 2a. from 'North'—Keep RIGHT at the fork on the ramp
- 2b. from 'South'—'Keep LEFT at the fork on the ramp, then Keep RIGHT at the next fork after the overcrossing
- Merge onto Oregon Expressway
- Oregon Expressway becomes Page Mill Road
- Turn LEFT at Foothill Expressway (~31/4 miles)
- Turn LEFT onto Hillview
- Take immediate RIGHT onto Miranda Avenue
- The Palo Alto VA is on your LEFT

From I-280

- Take the Page Mill Road exit
- Turn RIGHT at Foothill Expressway (~11/4 mile)
- Turn LEFT onto Hillview Avenue
- Take immediate RIGHT onto Miranda Avenue
- The Palo Alto VA is on your LEFT

Detach and mail to:
Western Wheelers Sequoia 2007
c/o Rich Heisterberg
1663 Rock Street, Apt. B
Mountain View, CA 94043-1841 2007 50K

ROUTE (circle one) **Privacy:** We will not give any information from this form to 3rd parties, except for emergencies.

112M

*if under 18 years sequoia jersey

city

street & number last name

emerg. phone

first name

Sequoia

Century Registration

all other routes after May 20 single \$30; tandem team * \$60; family ** \$60 single \$25; tandem team* \$50; family** \$50

available in men's & women's, S to XXL single \$45; tandem team*\$80; family**\$80 single \$35; tandem team* \$70; family** \$70 , S to XXL extra large

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